

# Tahqua Trail Run

## 10K & 25K

Paradise, Michigan

August 13, 2011



*Although this is the first race of its kind I've ever done, I cannot imagine there could be a more spectacular course anywhere in the world. We came as a family, with the kids running the 10k and adults the 25k. We will be back next year. Absolutely loved the first nine miles and am planning for how to train better for the last six. The kids had a blast. They are experienced x-country competitors and this race added a dimension of excitement that has them "hooked" on trail running. EMS XC Team*

## Registration & Packet Pick-Up

[Registration](#) available online only. **The field limit is 200 runners (total of 25K & 10K).** The race filled up last year in early August. There is no limit in the Kid's 2K but must participants must be pre-registered. Packet pick-up will be from 3:00 to 9:00 PM on Friday, August 12 only at the Whitefish Township School in Paradise. No race day registration. No race day packet pick up. Please plan accordingly. [REGISTER NOW](#)

## Events

### 25 Km

The course begins on the Tahqua Trail 4.3 miles west of Whitefish Bay in eastern Lake Superior. Runners follow a dirt forest road along the Tahquamenon River for one quarter mile until they reach the North Country Trail (NCT). The single track NCT winds through spruce swale, pine ridges, lush bogs, Jack Pine savannah, and past the Camp 10 and Water Tank lakes, where the occasional moose can be spotted. Nine and one half miles in runners reach Lower Tahquamenon Falls. The NCT then transitions into the heavily forested Lower Falls trails. One mile later the course merges with the River Trail which travels along the Tahquamenon River. The River Trail features old growth hemlock and yellow birch. Runners hear the roar of the Upper Falls encouraging a strong finish near the top of the second largest waterfall east of the Mississippi. Runners bused to start from your choice of the Upper Falls Parking Lot (Finish Area) or downtown Paradise (at the Whitefish Township School). Bus schedule will be available two weeks before the race. **Aid stations** stocked with cold water, cold HEED (Hammer High Energy & Electrolyte Drink), and Hammer Gel are located at 3.5, 7, 9.5 miles. Runners are required to carry a 20 oz water bottle or other functional hydration system which can be refilled at each station with water or HEED. Volunteers with pitchers will quickly refill your water bottle or hydration system with the fluid of your choice.

**Start: 8:00 AM. Saturday, August 13, Tahqua Road, 4.3 miles west of Whitefish Bay.** Map

## 10 Km

Runners begin at the Lower Tahquamenon Falls, in the grassy area behind the gift shop. After a 1.7 mile loop up into the forested highlands above the falls the course descends and joins the River Trail as it winds along the banks of the Tahquamenon River. The trail is shaded by old growth hemlock, yellow birch, and dense stands of sugar maple. The course finishes on the trail above the Upper Tahquamenon Falls. Runners bused to start from your choice of the Upper Falls Parking Lot (Finish Area) or downtown Paradise (at the Whitefish Township School). Bus schedule will be available two weeks before the race. Due to the remote nature of the River Trail, runners must be self supported by carrying a 20 oz water bottle or other functional hydration system.

**Start: 8:30 AM. Saturday, August 13, Lower Tahquamenon Falls Campground.** [Map](#)

## 2 Km Kid's Run

A beautiful out and back course along the southern banks Tahquamenon River. The trail is wide and covered with pine needles. Parents may run with their children. The trail starts in the southwest corner of the Rivermouth Campground. Cold water available to youth racers after the event.

**Starts 5:00 p.m., Friday, August 12, Southwest corner of the Rivermouth Campground.** [Map](#)

## 2011 Tahqua Trail Run Event Schedule

Event	Day & Date	Location	Start Time	Registration Link
Kid's 2K	Friday, 8/12/2011	Rivermouth Campground	5:00 p.m.	<a href="#">Register</a>
25K	Saturday, 8/13/2011	Tahqua Trail Road, 4.3 Miles west of M-123	8:00 a.m.	<a href="#">Register</a>
10K	Saturday, 8/13/2011	Lower Tahquamenon Falls	8:30 a.m.	<a href="#">Register</a>

## Natural History of Tahquamenon

In addition to its spectacular beauty, the Tahquamenon watershed is a remarkably diverse ecological region with a fascinating geological and cultural history. A Tahquamenon Falls State Park Naturalist will provide interpretive programs on Friday afternoon at the pasta dinner at the Whitefish Township School in Paradise at 6:15 pm Friday, August 12, 2011.

## Pasta Dinner Friday Night!

**Menu:** Lasagna (both meat & vegetarian), mixed green salad, garlic bread, cookies & brownies, lemonade iced tea, & coffee.

**Location:** Whitefish Township School, Paradise

**When:** 5:30 -8:00 PM on Friday, August 12, 2011.

**Cost:** \$10 (Available for purchase at the door)

## **Race Fees**

Race fees include:

- 1) Bus transportation from Upper Tahquamenon Falls (Finish Area) or Whitefish Township School to race start.
- 2 ) Custom printed Organic Cotton Race Shirt (Guaranteed only if registered by August 1).
- 3) Wild Blueberry Muffins, Cherry Juice, and Iced Organic Coffee at Finish Line.

## **2011 Tahqua Trail Run Fee Schedule**

<b>Event</b>	<b>Until midnight June 1, 2011</b>	<b>Until midnight August 1, 2011</b>	<b>Until midnight August 11, 2011</b>
<b>25K</b>	\$45	\$50	\$55
<b>10K</b>	\$30	\$35	\$40
<b>2K Kid's Race</b>	\$10	\$12	\$15

Note: All online registration will conclude at midnight on Thursday, August 11 unless the event has already reached capacity. Kid's may register in person at the Whitefish Township School until 4:00 p.m. on August 12.

No refunds or participant transfers. This means that once you register we will not refund your entry nor can you transfer your entry to another runner. You may transfer events up to an including August 12. \$25 charge for cancelled and NSF checks.

## **Post Race Refreshments**

The Tahquamenon region is recognized nationally for its abundant wild blueberries. Runners will be treated to a wide assortment of locally made wild blueberry muffins, cherry juice, and iced organic coffee after the race.

## **Awards**

All runners registered by August 1 will receive a custom printed organic cotton t-shirt. The top three in each race will receive a hand crafted ceramic bowl by Thomas Baugnet Pottery of Munising, Michigan.

## **Age Groups**

**25 Km:** 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**10 Km:** 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**2 Km:** Under 8, 9-10, 11-12, 13-14

## **Lodging**

**Lodging & Camping Info:** (906) 492-3219

**Tourism Website:** [www.paradisemichigan.org](http://www.paradisemichigan.org)

# **Environmental Measures**

1. Race shirts made of organic cotton.
2. Dinnerware at lasagna dinner made of biocompostable bagasse fibers.
3. Race proceeds support environmental education at the Whitefish Township School.
4. Great Lakes Endurance socks made with merino wool sourced from ecological farms.
5. Ceramic bowls sourced from local artist Thomas Baugnet.
6. Course marked with reusable flags, removed directly after the event.

# **Runner Pre-Race Information & Bus Schedule**

Please view and download critical pre-race information. This will make your experience much smoother and more enjoyable. Also, please view, study, and download the transportation to race start information.